

Grants Galore!

Kathy Block -

The Squaxin Island Tribe was recently notified that grants have been awarded for Public Safety and Justice, the Museum Library and Research Center, Planning and Community Development and the Health Clinic. Planning staff collaborated on project plans with a variety of departments and submitted most of these grants in the springtime of this year. These awards represent great opportunities for growth and development within the tribal organization and enhanced services to the tribal community. Here are the grant awards in a nutshell:

Museum Library and Research Center

DOJ Bureau of Justice Assistance: Prevent and Reduce Alcohol and Substance Abuse-Related Crimes: \$319,452 over three years

Squaxin is hosting Canoe Journey in 2012 and preparations are already underway. This project is the next step to help increase community participation and leadership while preparing Squaxin to host the Canoe Journey in 2012. The Project will focus on a positive, culturally-appropriate diversion - the Canoe Journey as a means to preventing and healing alcohol and substance abuse problems. Two new positions will be hired: Canoe Journey Project Coordinator (100% FTE) and Assistant Coordinator (50% FTE). The project will also provide a social worker and counselor for additional support during the two weeks of the summer Canoe Journeys in 2011 and 2012. This program will increase coordination with relevant tribal and non-tribal groups and among all levels of the Tribe to provide positive support services.

Northwest Indian Treatment Center

Indian Health Service (IHS) Meth and Suicide Prevention Initiative (MSPI): \$197,943 for one year

In 2009, Squaxin was awarded a 2-year grant through the MSPI program. This program funds two counselors at the NWITC who work with clients during and after treatment. IHS staff told Squaxin that if grantees were very successful, and the federal budget allowed for it, that these funds might be awarded for a third year (and possibly more). Squaxin recently received an announcement that the NWITC was awarded \$197,943 through MSPI for a third year. Improved treatment services, improved aftercare treatment services, improved linkages to recovery support services and increased community connections facilitated with clients are all core pieces of this project. This project will increase the number of American Indians that successfully transition out of the residential chemical dependency treatment system and into their home communities through the use of culturally-relevant treatment and aftercare recovery support services.

Health Clinic

IHS Maintenance and Improvement (ARRA/Stimulus): \$14,800 for one special project

The clinic has seven heat pumps, two of which have exceeded their life expectancy due to normal wear and tear. This project includes removal of two heat pumps and replacement of those heat pumps with new, energy-efficient heat pumps. By addressing this facility deficiency, the proposed project will result in reduced operating costs through energy efficiency savings and improved mechanical integrity. By replacing the two heat pumps and associated components this fall, there will be less likelihood of continued deterioration of the clinic's heating system and associated repair costs.

Planning/DCD

Administration for Native Americans: Environmental Regulatory Enhancement: \$479,898 for two years

Through this project, the Tribe will be better able to ensure that all new construction projects are properly planned, executed and administered. This will ensure successful project completion, effective long-term operation and compliance with tribal environmental and cultural values. The project centers on the creation and implementation of a meaningful internal review and approval process for new capital projects. This process will utilize staff, community-determined standards and geospatial data to inform decision-making. By developing a set of innovative land management and project evaluation policies, the Tribe's capac-

Native American Veterans Day is Nov. 7th

Thank you to all our tribal veterans!
Freedom isn't free!



Glen Parker, Cecil Cheeka, Pete Kruger, Don Brownfield and Joe Seymour Presented the Colors during the Northwest Portland Area Indian Health Board's quarterly meeting hosted by the Squaxin Island Tribe at Little Creek Casino Resort.



T SQUAXIN ISLAND TRIBAL NEWS

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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Ta-Qwo-Ma Business Development Center

Business Spotlight

Stephanie Gott - When the topic of writing a monthly "business spotlight" for tribal member owned businesses was discussed, I jumped at the opportunity to put my journalistic abilities (or lack there of) into action. So for the first ever Ta-Qwo-Ma Business Center Spotlight I tracked down a very busy mother of two, who is employed full time AND still makes time to own and operate her own cleaning business. I had a lot of fun talking with an old friend and colleague, Juana Perry (Nelson), owner and operator of Juana Clean Cleaning Services. We had a Q & A and this is what she had to say:

SG: What made you decide on this type of profession?

Juana: I like to make people happy. I enjoy seeing the clients reaction after I've completed a job. It also works well because I am able to set my own hours.

SG: How long has Juana Clean been in business?

Juana: For about a year now.

SG: Do you have employees who work for you?

Juana: No, not right now. The need for employees will come when I am able to devote more time towards the expansion of the business.

SG: Which leads me to my next question, What is your long term goal with Juana Clean? What would you like the future to hold for the business?

Juana: Well, I would like it to grow. I want it to expand where there is a need for employees (she starts laughing....), and then I wouldn't necessarily have to work, because I would have employees who would work instead of me.

SG: Exactly! Who could argue with that logic? Okay, can you give me some pros and cons of working in this type of business?

Juana: Okay, for the pros I would say (and I'm a people person), the interaction with people is what I like the most, the flexibility (for scheduling purposes) is great when you work full time and have kids and the pay is good!

SG: How about the flip-side? The Cons?:

Juana: You know what? I can't think of anything that I don't like about it.

SG: How did Juana Clean come about?

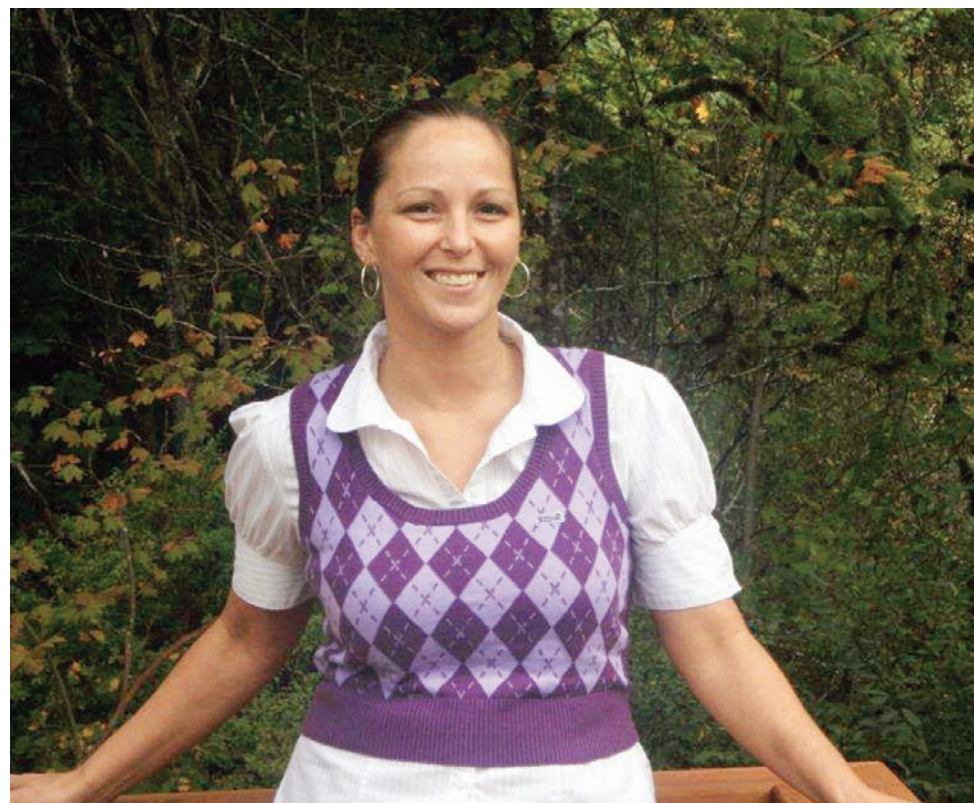
Juana: I worked for my brother-in-law; he has a cleaning business. One day I told him that I should start my own business. The next thing I knew, I had a name for it. And literally by the following week it was all done. He just took it and ran with it. It was great. He helped me a lot, you know things like a business license, he just did it. He also set up a website for me.

SG: And what is the name of your website?

Juana: www.juanaclean.com

SG: I'm so happy for you! For my last question I would like to ask you what advice, if any, do you have for someone who may be thinking of opening their own cleaning business?

Juana: Work for a cleaning business first so that you know what it's all about. Oh and have good support (from family and friends).





Grants Galore!

Continued from Page 1

ity to thoughtfully utilize its resources will be increased. The project will include the following elements: data collection and analysis, policy development, program and staff capacity building, community and staff education and new technology acquisition and implementation. A GIS database manager will be hired and the Tribe will contract with two consultants for the policy and GIS development components.

Public Safety and Justice

Dept. of Justice (DOJ) COPS Tribal Resource

Grant Program: \$500,000 over two years

Through this grant program, the Squaxin Public Safety and Justice (PS&J) Department will purchase needed equipment, technology and equipment. This grant covers basic equipment for officers as well as providing for the purchase of basic officer equipment, technology, 5 new vehicles, boat trailer, dive equipment, computer server and required DOJ training. Funds provided through this project will assist the Tribe in combating crime within the boundaries of the Reservation and improving the quality of life by collaborating with the community.

DOJ COPS Hiring Program Grant:

\$213,549 over three years

This project will allow the Squaxin Island Tribe to hire one additional officer for three years. The overall goal of this project is to increase capacity of the local police force to combat crime and improve the quality of life on the Squaxin Island Reservation with the involvement of the local community. Funds provided through this program will allow Squaxin the ability to effectively develop community policing strategies that strengthen partnerships for a safer community by hiring one additional officer. This officer will enhance the Tribe's community policing efforts. The Tribe has committed to retaining this position for at least 12 months after the 3-year grant award.

DOJ Bureau of Justice Assistance: Plan, Renovate,

or Construct Correctional and/or Correctional

Alternative Facilities: \$150,000 over two years

Jail crowding, jail costs and jail operations costs are issues that affect non-Tribal and Tribal communities alike. Through this two-year feasibility project, the Tribe will explore whether it is in the Tribe's best interest to consider the construction a new jail facility on the Squaxin Island Indian Reservation. Through this project, the Squaxin Island Tribal staff and community will work with a consultant to:

- Analyze current local facilities
- Analyze demand for incarceration space and services
- Conduct a financial analysis to determine the cost effectiveness of the Squaxin Island Tribe building, operating and maintaining its own jail facility.



Volunteers Needed

The Squaxin Island Tribe Free Tax Preparation Site is looking for one or two volunteers to assist with tax preparation on Tuesday or Thursday evenings beginning in February 2011. You will be required to take an online course and exam (Tax Wise Online) to be certified to prepare basic tax returns with the IRS.

If you are interested in volunteering please call Lisa Peters at 432-2871.



Economy 101: Personal Bankruptcy

Bankruptcy is a legal proceeding for people or businesses unable to repay their outstanding debts. The two most common types of personal bankruptcy are Chapter 7 and Chapter 13 – named for chapters of the Federal Bankruptcy Code.

Filing for bankruptcy is generally considered a worst-case scenario because the results are so long-lasting and far-reaching: Bankruptcy can remain on your credit report for up to 10 years and make it difficult to obtain credit, buy or rent a home, get insurance or even a job.

It's also expensive and complicated: Chapter 7 bankruptcy can cost thousands of dollars in up-front lawyer's fees, plus fees for a court filing, mandatory credit counseling and budgeting courses, and Chapter 13 is even more expensive. Under Chapter 7 ("liquidation") bankruptcy, an administrator or trustee is appointed to sell most of your assets, aside from certain exempted necessities such as your primary residence, a car, clothing, home furnishings and work tools. Pensions and 401(k) accounts are usually protected as well.

Once assets are liquidated, the trustee distributes the proceeds to your unsecured creditors. In exchange, many unsecured debts, such as credit card and medical bills, are forgiven, or discharged. However, secured or fixed debts, such as mortgages, student loans, taxes, alimony and child support typically are not erased.

Eligibility for Chapter 7 is determined by a "means test," which requires you to confirm that your income does not exceed a certain amount (varies by state). The court uses the means test to determine whether or not you have sufficient money available to make at least minimal payments to creditors under a Chapter 13 plan. If you fail the means test your case will be dismissed or converted to a Chapter 13 filing.

Chapter 7 bankruptcy typically remains on your credit report for up to 10 years. Also, you must wait eight years after having debt discharged before being able to file Chapter 7 again.

Under Chapter 13 ("reorganization") bankruptcy, debtors with steady income are allowed to keep property they might otherwise lose, in exchange for agreeing to use future income to repay creditors over a three-to-five-year period. You are assigned a trustee with whom you develop a proposed debt repayment plan.

The bankruptcy court decides whether to accept or alter the plan, or to dictate another plan. After it's approved, both you and your creditors are bound by the plan's terms. Generally, you make payments to a trustee who in turn distributes the funds according to the plan's terms. Once all payments are completed, the court will formally grant a discharge of your debts.

Chapter 13 bankruptcy typically remains on your credit report for up to seven years. Also, you must wait at least two years after having debt discharged before being able to file Chapter 13 again. Under bankruptcy law, before filing for bankruptcy you must first receive credit counseling from a government-approved organization within six months before filing. To find an approved credit counselor in your area, visit the U.S. Trustee Program at www.usdoj.gov/ust.

In addition, after filing but before your debt is discharged, you must also complete an approved debtor education program (go to www.justice.gov/ust/eo/bapcpa/ccde/de_approved.htm to find one). You must receive certificates of completion from each program in order to proceed with your bankruptcy.



6th Annual Employee Appreciation Celebration

The Squaxin Island Tribal Council recently hosted the 6th Annual Employee Appreciation Celebration. This provided an opportunity for tribal employees to be honored and acknowledged for years of service to the Tribe.

The following employees received recognition in appreciation of reaching a career milestone:

5 YEAR RECIPIENTS:

Mark Allen
Jeanette Freitag
Melanie Gaffey
Mary Gill-Cooper
Joshua Howell
Jeremiah Johns
Lillie Kruger
David Lewis
BJ Peters
Eric Sparkman
John Taylor
Robyn Velazquez

10 YEAR RECIPIENTS:

Joseph Castelluccio
Eugene Davis
Alex Ehler
Tully Kruger
Joseph Peters
Ray Peters
Astrid Poste
Chad Ziegler

15 YEAR RECIPIENTS:

Mike Bloomfield
Marcella Castro
Tammy Ford
Pamela Hillstrom
Suluia Tovia

25 YEAR RECIPIENT:

Tiff Barret

If you are a Squaxin Island tribal member interested in employment opportunities, please visit squaxinisland.org for listing of available positions. If you would like assistance with your application packet, i.e. application, cover letter or resume, please contact Astrid Poste, Staffing Specialist at (360) 432-3865 or aposte@squaxin.us



Five Years: Mary Gill-Cooper, Melanie Gaffey, Jeanette Freitag, Lil Kruger and Mark Allen



15 Years: Pam Hillstrom, Tammy Ford and Su Tovia



10Years: Joe Peters, Alex Ehler, Eugene Davis, Joe Castelluccio, Astrid Poste, Ray Peters and Tully Kruger



25 Years: Tiff Barret



Congratulations **Mr. & Mrs.** Jay and Janita Raham



Thank you to all of our family and friends for joining Jay and I on 10-10-10 to celebrate our wedding!



KTP

Olena Cooper - Hello Squaxin Island community! Down at Kamilche Trading Post we are proud to introduce our newest assistant manager, Isaiah Coley. Isaiah has been apart of our community for many years. His dearly departed mother, Annie James-Coley, was an employee of Kamilche Trading Post when it was first built. Isaiah has nurtured a relationship with the KTP family as a stocker and worked his way up into his currant position. For the last three years Isaiah worked on the opening of "The Landing" in Nisqually as the assistant manager and "Stilly Smoke Signals" in Arlington. So please feel free to come on in and say hi to him, or ask any questions you may have.

KTP is also joining into a partnership with Salish Seafoods Company to bring in fresh seafood at a great low price, clams and oysters, etc. Were always offering special deals on all your tobacco and liquor needs. Stop by and say hello and check out all of our new products! Have a wonderful Thanksgiving from all of the staff at KTP.



**Due to the upcoming holidays,
the Klah-Che-Min deadline
will be the 8th of November
and December.
Thank you!**

Kamilche Café & Espresso Wants To Hear From You

The fall season is in full swing and before you know it Thanksgiving will be here! Stop in and try one of our irresistible November Specials. This is the time of year for giving thanks. And thanking your barista is exactly what you'll be doing after you've had one of our delicious Apple Pie, Caramel Apple Spice, Butter Pecan Pie, or Pumpkin Bread Lattes. As the Kamilche Café & Espresso transitions into its new location we would like to invite you to participate in an on-line survey. This survey allows you, the valued customer, to share your opinion on our new breakfast and lunch menu. By filling out the survey we can determine exactly what items should be added to our new menu. Please take a quick moment to fill out this survey, we value your opinion and want to offer you a menu full of tasty possibilities. Access the Kamilche Café & Espresso survey at <http://www.surveymonkey.com/s/WNXZ7PB>. Thank you for your participation and have a wonderful Thanksgiving!

Skookum Creek Tobacco:

Building update:

Skookum Creek Staff - We are excited to update you on progress of our new warehouse facility. Some quick facts of the new building. It will be 100 feet wide, by 275 feet long by 25 feet high. There are no center posts in this building allowing multiple configurations of storage of finished cigarettes, raw materials, or expansion of new cigarette/other tobacco manufacturing machinery. This building provides us the necessary space to expand our manufacturing ability, while at the same time ensuring having enough products in inventory. Additionally we are building a new loading dock that will expand our semi truck doors from one to four. This is necessary as we continue to see increased traffic of raw tobacco and print to the factory, and allows us to begin shipping in semi truck to the eastern portion of the state or out of state.



Sales:

While cigarette smokers as a whole are decreasing in number, continual increases of taxes on top brands continues to expand the market for our value cigarettes, and we continue to see sales increasing though moderately. One market we see expanding at the moment is in the area of small filtered cigars. We produce these in many flavors and smokers are accepting them as an alternative to cigarettes at about ¼ the price.

Little Creek Casino's 14th Annual Holiday Bazaar

December 3rd, 4th, 5th

3rd & 4th from 8am to 8pm

5th from 8am to 3pm

Proceeds (vendor fees) go to give Christmas Dinner & Gifts to the children, families in Mason County's Homeless Shelter and Transition Homes.

NATIVE AMERICAN GOODS

Fry bread, bake sale

Jewelry

Wood Works

Christmas Decorations

GIFTS, GIFTS, GIFTS, GIFTS! And MORE

In Hotel Lobby Tower One

And Boardwalk

\$30 for small spaces

\$25 for Tribal Members and LCCR employees.

CONTACT :

April Olson Phone 432-7037

or

april.olson@little-creek.com

Darlene Krise 427-3027

or

Darlene.krise@little-creek.com



And the Results Are: Results of the Community Survey

ABOUT THE AUTHORS:

Hello, my name is Jaron Heller. I am 21 and am currently attending St. Martin's University. I have worked in the Education department during the summer for several years now as part of the Summer Rec. Program. I decided to join the YAAT, to help make a better future for the youth that I have been working with these past years.

Hi my name is Kurt Poste. I'm part of the Squaxin Island Tribe. I've been involved in summer youth programs when I was younger, I finished high school and work from time to time. I joined the Y.A.A.T. (Young Adult Assessment Team) in late February to try and better the community for my peers.

ABOUT THE YAAT:

The Young Adult Assessment Team was created through a grant that the Squaxin Island Tribe received at the end of last year. We formed in January of this year and have been meeting two times a week for the last eight months. We formed for the purpose of getting input from the community, youth and young adults about the issues that are important to them.

WHAT WE'LL BE REPORTING IN THE FUTURE:

Look for more information in the coming issues. In addition to the community survey featured above, we also conducted a youth survey and several focus groups which will be featured in the coming issues.

WHAT WE HOPE TO ACCOMPLISH:

When the YAAT was created one of the first things we did was to develop a vision "Use our voice to create a better community for future generations". We are hoping this information supports the tribe in achieving that vision.

WHAT WE'RE DOING NOW:

The next step for our group is to attend various meetings to make sure that your voices reach decision makers. We will be presenting to Tribal Council, as well as various interdepartmental groups. Our hope is that our work will provide you with better service from your Tribe.

WHAT WE'VE ACCOMPLISHED SO FAR:

Research conducted:

- Community Questionnaire- Conducted between May & June, introduced at the General Body meeting and other various departments around the tribe. 142 survey returns.
- Youth / Young Adult Survey- Conducted July, August, and September. 13-24 year-olds through out the community took part in the survey, 40 surveys were completed.
- Youth / Young Adult Focus Groups- Both were held in September. One at the Tribe in the Mary Johns room, and the other in Shelton at godfather's pizza.

We also developed some skills such as leadership skills, public speaking skills, research skills, and analysis skills.

COMMUNITY QUESTIONNAIRE RESULTS

Distribution Locations

- We first introduced the questionnaire at the general body meeting in May, and that is where we got the most returns.
- Then we took questionnaires to different departments, SPIPA., Museum, Public Safety and Justice, the clinic, K.T.P., Tribal Center, Outpatient, IEI. and the transits.
- We placed drop boxes w/ red lids at the mail box sheds to get questionnaires back.

RESULTS/DEMOGRAPHICS:

142 total responded

122 responses were older than 18 years old

59% Female

41% Male

55% Enrolled living on reservation

35% Enrolled living off reservation

3% Not enrolled living on reservation

7% Not enrolled living off reservation

SAMPLE QUESTIONS AND ANSWERS REPORTED:

Are you currently in School:

82% No

13% Yes

5% Not Answered

(If you answered "no," why not?)

- Too smart

- Elder

- No funds

- Not interested

- Too busy

(If you answered "No," to being currently in school) what would have helped keep you connected to education?

- Could've passed

- Educational funds

- College classes on reservation

- More assistance with applications and maybe community workshops

(If you answered "yes," to being currently in school) what helps keep you connected to education?

- Hard work

- Learning is a way of life

- I love going to school

- Learning and going to college

- I want a successful life

- Choice

Do you participate in cultural activities?

78% yes

16% no

6% not answered



COMMUNITY



Popular cultural activities listed:

Powwows (71%)
Canoe Journey (66%)
Name ceremonies (40%)

Those who answered "other" listed:

- Digging: 9 mentions,
- Drum group: 6 mentions
- First salmon: 5 mentions
- Carving/basketry/weaving: 5 mentions
- Gathering

Why don't you participate in cultural activities?

- Not sure how to participate
- Not connected
- Location/time
- Didn't realize they were open

Participation in Community activities:

77% yes
16% no
7% not answered

Why don't you participate in community activities?

- Time: 9 mentions
- Distance/location/live off-Rez: 8 mentions

What kind of activities should be offered in the Squaxin community?

- More block parties
- Traditional pot latching
- Regalia classes
- More water games/competitions/creative water play (w/music).

What kinds of services or activities should be offered for youth?

- More youth firearm safety classes
- Education advocacy; health education; physical activities
- Gift making for 2012; skateboard park; new gym

In your opinion, what would help connect youth to elders?

- Community BBQs
- Have more storytelling not with outsiders but with our own elders
- Joint events
- Mentor programs

Please list a problem within the Squaxin Island community.

- Drugs and alcohol
- Kids not going to school
- Non parental involvement
- Dogs

GuessWhoJustTurned40?



Find the Answer on Page Nine

**Happy Birthday to my son
Jefferey Allen Blueback
Your all grown up now....
18 years old :-)**

To: Jefferey
From: Mom

My Little Boy

No amount of gold
could ever compare,
to the gift of love that my son shares.
I've been blind and I couldn't see
that all the love I've wanted
is right here in front of me.
He gives reason to get through another day.
Maybe it's how he loves me in his special little way.
And when it gets hard for me to sleep at night....
He wraps his little arms around me and says God will make things right!
From sweet gentle touches to his bear hugs and a kiss...
He makes this hell on earth seem more like a peaceful bliss.
That great big kool-aid smile and the twinkle in his eyes....
Every time I look at him it makes me want to cry.
But they're not tears of sorrow; they're tears of pride and joy....
To know that all the love in heaven is wrapped around my little boy
- By: Sabrina A. Hernandez



What would make the Squaxin island community a better place to live?

- Clean up peoples yards
- Continued with diverse mix of jobs
- Community events

What kind of events or programs would get people more involved in the community?

- Block parties
- "clean up the community" events
- Community gathering
- Talking circle

What did you think about this survey?

65% Easy
32% some what difficult
3% hard

Any comments about this questionnaire

- Good idea
- Good to see a project that involves young people
- Need more input from all members



TU HA' BUTS LEARNING CENTER



Happy Holidays!!!



Squaxin Youth Education, Recreation and Activities Calendar

TLC office hours 8:30am-5pm M-F

Front Desk: 432-3958

Meghan Brandt: 432-3992





Recreation program hours 3-7pm M-Th; 3-6 F

Co-sponsored by DASA

All activities are drug, alcohol and tobacco free!

NOVEMBER:

CELEBRATING THE FINE ARTS

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Puyallup & Chehalis @ Squaxin/ Skokomish College Fair	2 <i>SPSCC College Fair</i>	3 Youth Council	4	5 1.5 hr SSD E.R.	6 
7 Theater Camp → After school	8 Squaxin/ Skok @ Nisqually	9	10 Youth Council	11 No School: Veteran's Day/ Warrior's Day Activities start @ 10 am	12	13
14 Theater Camp → After school	15 Suquamish @ Squaxin/ Skokomish	16	17 Youth Council	18	19 1.5 hr SSD E.R.	20
21	22 Squaxin/ Skokomish @ Puyallup	23	24 3 hr SSD E.R. Youth Council	25 No School  Thanksgiving Gym Closed	26 No School Gym Closed	27
28	29 Nisqually & Squaxin/ Skokomish @ Chehalis	30 Happy November Birthdays	After school snacks M-F 4-5 Open Swim: M & W 3-6; F 5-8; Sat 1-4 Homework Help & GED Prep. in TLC classroom T-TH 4-7pm Computer Lab M-Th 3-7, F 3-5		Key E.R. = early release SSD = Shelton School District GSD = Griffin School District 	



The 11th Annual Water Sounds Auction was very successful! Thank you to the many artists, attendees, volunteers, sponsors and supporters who helped make this event such a great success!

Save the Date for next year 9/24/2011!

Bazaar



Squaxin Island Museum

November 12th: 9-5
13th: 9-4

150 SE Kwuh-Deegs-Altxw
Shelton, WA

This Year Vendors:

Paula Henry & Willow Henry:	<i>Craft items</i>
Mandy McCullough:	<i>Hand made beaded items</i>
Bobbie Bush:	<i>Prints, basketry necklaces</i>
Malynn Foster:	<i>Native handmade items</i>
Ruth Peterson:	<i>Peterson Art Gallery</i>
Rachel Ford:	<i>Mary Kay</i>
MLRC Baked Goods	

MUCH, MUCH, MORE!

Ruth Whitener
432-3841
rwhitener@squaxin.us



Teens rank parents as the #1 influence on their sexual decisions – they need your guidance on sexuality whether or not they ask. We'll help you start the conversation.

November 2010 Squaxin Island
will be hosting a special two day event.

Save the dates: November 2nd & 4th at 5:30

Join Planned Parenthood in a workshop to help parents start and continue the conversation. The workshops focus on communication skills and how to talk about values, decisions, boundaries, and health.

Please contact Janita Raham 360-432-3972
for more information or to register.

www.ppgnw.org/familiesaretalking | 800.230.PLAN (7526)

The Health Promotion Program at the Portland Area Indian Health Service helped sponsor this community event

Dinner and door prizes!

GuessWhoJustTurned40?
Answer From Page 7

Matthew Nelson
Happy 40th Birthday
Brother & Son
Love,
Corri, JC, Dodie,
Jamie & Mom





Avoid Stacking Firewood Next to House

That big woodpile that gives you such a feeling of snug security going into the winter may also shelter rodents and insects and may even provide them an opportunity to spend the cold season under your roof.

Where and how you stack the wood is the key. Mice and rats will readily take shelter in a backyard woodpile if conditions are right. If the woodpile is located some distance from the house so the rodents would have to cross a wide expanse of open lawn, they're likely either to stay near the woodpile or move on. If the wood is stacked next to the house, however, so the rodents don't have to venture out into the open, the woodpile enables them to search in perfect safety for an opening through which they can squeeze into your house.

It doesn't have to be a very big opening—a mouse can squeeze through a hole 1/4-inch in diameter, and a rat needs only a 1/2-inch hole. Both rats and mice can climb any surface rough enough to give them a toehold, so openings need not be at or below ground level to give them entrance. Provide the rodent with shelter in the form of a woodpile right next to the house, and they'll be able to take as much time as they need to scout out an entryway.

Provide them with a supply of food, too, and your rodent problem can get serious very quickly. Food can be in the form of easily accessible garbage, a poorly managed compost pile, wild bird food in flimsy containers, crop residues in the vegetable garden or dog food.

If right next to the house is the worst place for a woodpile, probably the next-worst

place is next to the dog pen. If you feed the dog there, spilled and leftover food and the dog's water dish provide rodents with all they need in addition to shelter.

Stacking wood against an exterior wall of your home also invites insect problems. Wood is the natural home for carpenter ants, termites, wood boring beetles and countless other insects and spiders. Except for carpenter ants and termites, which can seriously damage your home, most of these insects are more nuisance than threat. But they will move indoors for the winter. You issue the invitation when you stack wood next to the house. The insects then find the little crack in the foundation or the loose-fitting storm door and stroll right in.

Close up openings around windows and doors, seal cracks in the foundation and mend holes in screens. Then stack wood some distance from the house or, if you must pile it nearby, get it up off the ground—at least 18 inches—and keep it an arm's length away from the wall. Make the pile long and narrow, one log wide rather than several logs laid side by side. Multiple rows make better rodent quarters.

Insects may hitchhike indoors on wood, so bring in only what you'll use in a day or two. A log riddled with insect tunnels that begins to erupt with big black ants or termites when it's disturbed or warmed to room temperature should be rushed outdoors at once, then burned or otherwise disposed of. Other insects brought out of firewood by the warmth inside your home are a nuisance rather than an emergency and can be collected with a vacuum cleaner.

- Don Janssen, UNL Extension Educator

Holiday Shopping on a Budget

Giving Gifts that Matter, Tips for Prioritizing Holiday Spending

Choose to give gifts this year with a gift list, planned purchases, and valuing quality not quantity to live within your budget this Christmas. The holiday season equals gift shopping and, for many Americans, accumulating even more credit card debt. Holiday shopping without debt can be a reality, however, with some changes in purchasing habits. Being intentional about gift giving can bring meaning and peace of mind back to holiday shopping. Enjoy the following tips for prioritizing holiday spending, and let sensible shopping become a holiday tradition.

Create a Budget for Holiday Shopping

Be selective about gift giving. Make a list of the people with whom you exchange gifts, and who you want to receive a gift this year. The person at the office who never reciprocates- time to cross that person off the list. The children- do they really need fifteen presents each?

Prioritize the Gift List

Figure out how much you can afford to spend on gifts, and break it down by person. If the money doesn't go as far as you would like it to, think creatively. Consider the following questions: What can I offer this person that will really mean something? How much money do I have to spend to do this? Often, the most meaningful gifts have nothing to do with money. Creative gifts are personal and meaningful, and be a life-saver to a stretched budget. Offer couples or families gifts they can share, or make coupons for special events together and include those in a card. Give home-made items such as knitting projects, carved objects, or other products from hobbies, and encourage children to do the same.

Balance Holiday Spending

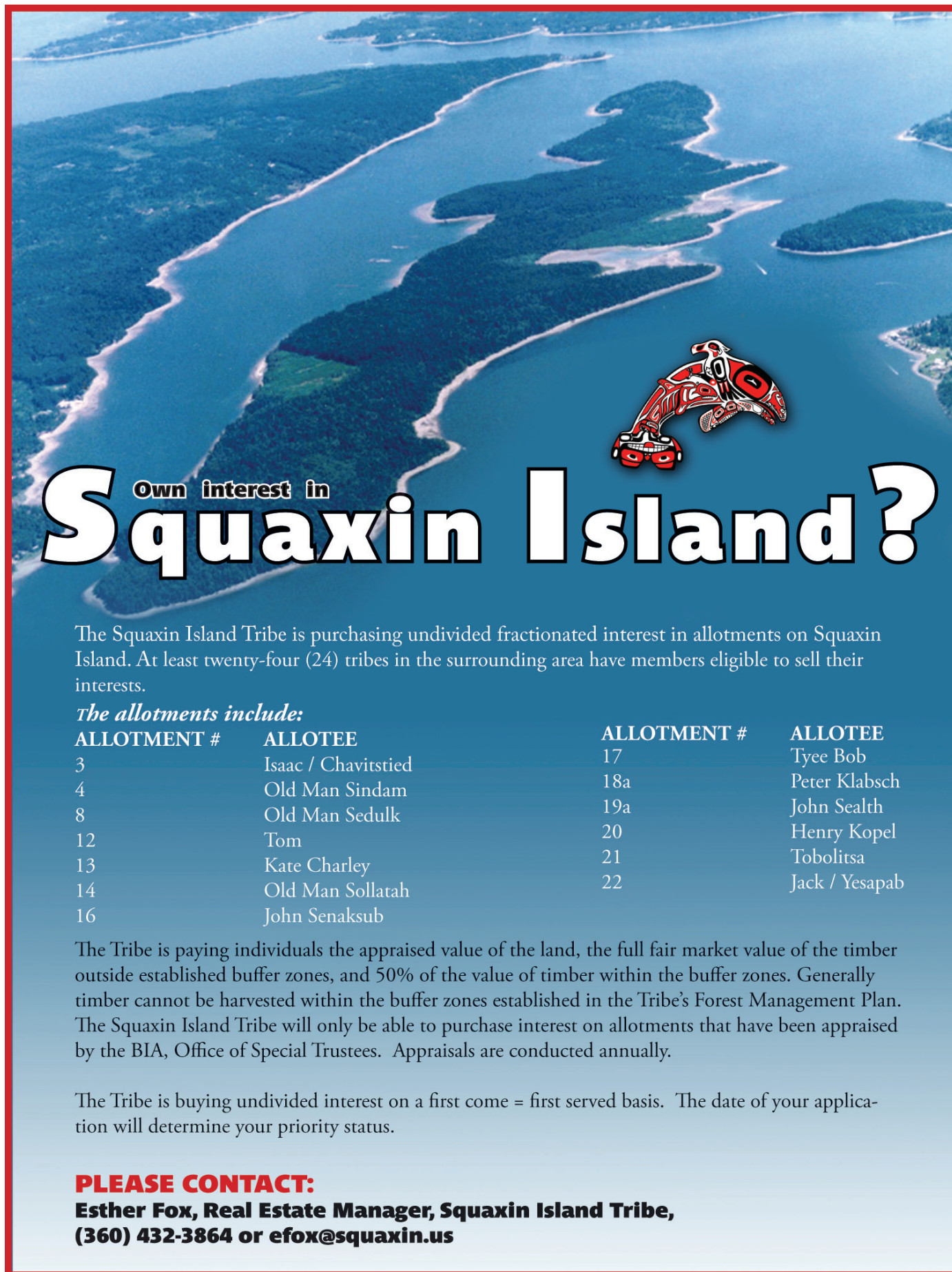
To give the gift budget more flexibility, cut down on other areas of holiday spending. Send Christmas postcards or children's drawings instead of Christmas cards, email a Christmas letter to eliminate postage fees, encourage children to decorate brown paper for wrapping paper, have fewer sweets sitting around for the holidays, or insist on staying home to avoid the cost of gas. Brainstorm a list of ways you can cut corners in your holiday festivities. Also, make a list of priorities for your family this holiday. Balance the two lists to make budget cuts that minimize disappointments and frustrations.

Smart Holiday Shopping

Enter stores with a pre-planned gift list, budgeted amount of money per gift, and an open mind for smart holiday shopping. Be careful and selective before purchasing any item, and ask yourself if the gift really is something that would mean something to the person. Go shopping when you have adequate time, feel well physically, and are in a relatively good mood. Never buy on impulse, with time constraints, or while tired, hungry, or in a bad mood, as these are paths to poor purchase choices and accumulating more debt.

Use Credit Cards with Care

Smart holiday shopping uses a credit card wisely or not at all. Keep the credit card out of the wallet or, if using it is essential, make certain you can pay back the money within a month before being charged. If the money is not in your budget, ask yourself if the gift is worth the initial price plus 9%, 13%, 16%, 24% or whatever your credit card charges in interest per month. Thinking like this will, over time, discourage using the credit card unless absolutely necessary. Avoid buying gifts to just buy a gift. Again, there are many ways to show someone you care without doing into debt for something they will forget about in a week. Being selective, specific, and creative in holiday gift shopping are all key to eliminating credit card debt. With planning and purpose, this holiday season can stay within your financial means.



Own interest in Squaxin Island?

The Squaxin Island Tribe is purchasing undivided fractionated interest in allotments on Squaxin Island. At least twenty-four (24) tribes in the surrounding area have members eligible to sell their interests.

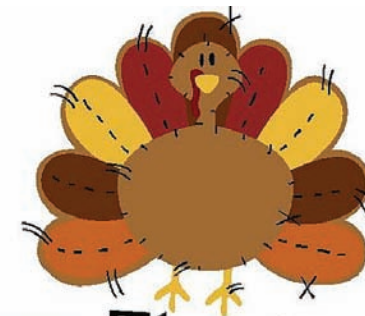
The allotments include:

ALLOTMENT #	ALLOTEE	ALLOTMENT #	ALLOTEE
3	Isaac / Chavitsied	17	Tyee Bob
4	Old Man Sindam	18a	Peter Klabsch
8	Old Man Sedulk	19a	John Sealth
12	Tom	20	Henry Kopel
13	Kate Charley	21	Tobolitsa
14	Old Man Sollatah	22	Jack / Yesapab
16	John Senaksub		

The Tribe is paying individuals the appraised value of the land, the full fair market value of the timber outside established buffer zones, and 50% of the value of timber within the buffer zones. Generally timber cannot be harvested within the buffer zones established in the Tribe's Forest Management Plan. The Squaxin Island Tribe will only be able to purchase interest on allotments that have been appraised by the BIA, Office of Special Trustees. Appraisals are conducted annually.

The Tribe is buying undivided interest on a first come = first served basis. The date of your application will determine your priority status.

PLEASE CONTACT:
Esther Fox, Real Estate Manager, Squaxin Island Tribe,
(360) 432-3864 or efox@squaxin.us



Happy Thanksgiving

Tribal Council Resolutions

10-80: Approves sale of property to Frank Stevens

10-90: Approves the budget for FY11

10-91: Authorizes a lease agreement for equipment from De Lage Landen Financial Services, Inc.

10-92: Enrolls Melody Moliga

10-93: Enrolls Zachary Johns

10-94: Enrolls Malachi Hartwell-Kinison

10-95: Authorizes SPIPA to submit a grant proposal with the Department of Health & Human Services for the Community Services Block Grant to benefit elders and youth

10-96: Authorizes SPIPA to submit a grant proposal with the Department of Health & Human Services for the Low Income Home Energy Assistance Program

10-97: Approves a contract for public defender services

10-98: Designates June O'Brien to be the delegate and Stephanie Tompkins, Bonnie Sanchez and Greg Twiddy to be alternates to the Indian Policy Advisory Committee for NWITC

10-99: Approves amendments to the Revenue Allocation Plan

10-100: Designates Bonnie Sanchez, Clinic Director, to the NW Portland Area Indian Health Board and designates Marcella Castro and Whitney Jones as alternates

10-101: Approves purchases of land on Squaxin Island

10-102: Changes the phrase "Island Construction LLC" with "Island Enterprises Construction LLC"

10-103: Authorizes submission of an application to HUD/ICDBG Program for Phase 1, design and infrastructure, for the Tu Ha' Buts Village Community Center



ELDERS



OysterFest

The Elders would like to once again thank everyone who helped with OysterFest.

Thank you, Julie Owens, for pulling everything together for the Elders.

A huge thank you to the filleters and everyone that took part on that end.

Thank you to Patti Brown for your big part in making sure that everything was a go as far as the BBQ pit and making sure we had enough wood and help.

Thank you to everyone who worked the BBQ pit (HUGE thank you).

Thank you very much to the Council for the use of the BBQ-er.

There are not enough words to thank the Maintenance crew for all their hard work and labor to make sure the Elders had all the equipment needed to have a great weekend.

THANK YOU AGAIN.

Thanks to everyone who was a part of OysterFest!!!

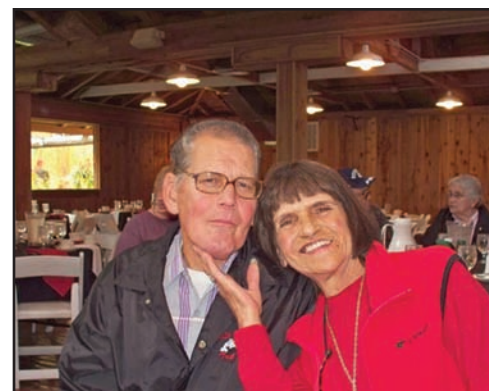




ELDERS



Suquamish (Top) and Puyallup (bottom) photos by Colleen Woodard and Jackie Crenshaw





BASKETWEAVERS CONFERENCE





BASKETWEAVERS CONFERENCE



Squaxin Islanders On the Go NW Native American Basket Weavers Association 16th Annual Gathering

October 1 – 2, 2010 at Kah-Nee-Ta, Warm Springs

Over 400 people attended the NNABA Gathering this year. And over 25 people attended from our Squaxin Island tribal community. Jolene Grover and Andy Whitener participated in the Fashion Show. Margaret Henry was appointed to the NNABA Board

Lila Jacobs - On a Thursday morning, Margaret, Gloria, Jolene and I got on the road to Kah-Nee-Ta Resort in Warm Springs, Oregon for the basket weaving convention. While we were there, we learned new stuff to enhance the baskets we are making.

Our hosts were the Confederated Tribes of Warm Springs. They were wonderful to us. They had coffee, juice, fruit and pastries available all day. We had box lunches on the first day and they had a dinner for us on the last night.

There were participants from all over the Northwest. There were many noted weavers who were willing to share their knowledge. There were many vendors present with all sorts of Native items to sell. All of the vendors were Native, which was a good thing. All of the participants made one basket, and some made two.

I sat at a table where Gail Whiteagle was the instructor. Her table was busy. When one person finished, there were people waiting for an opening. I really liked her as an instructor because, when you asked a question, she took the time to answer you and to demonstrate for you.

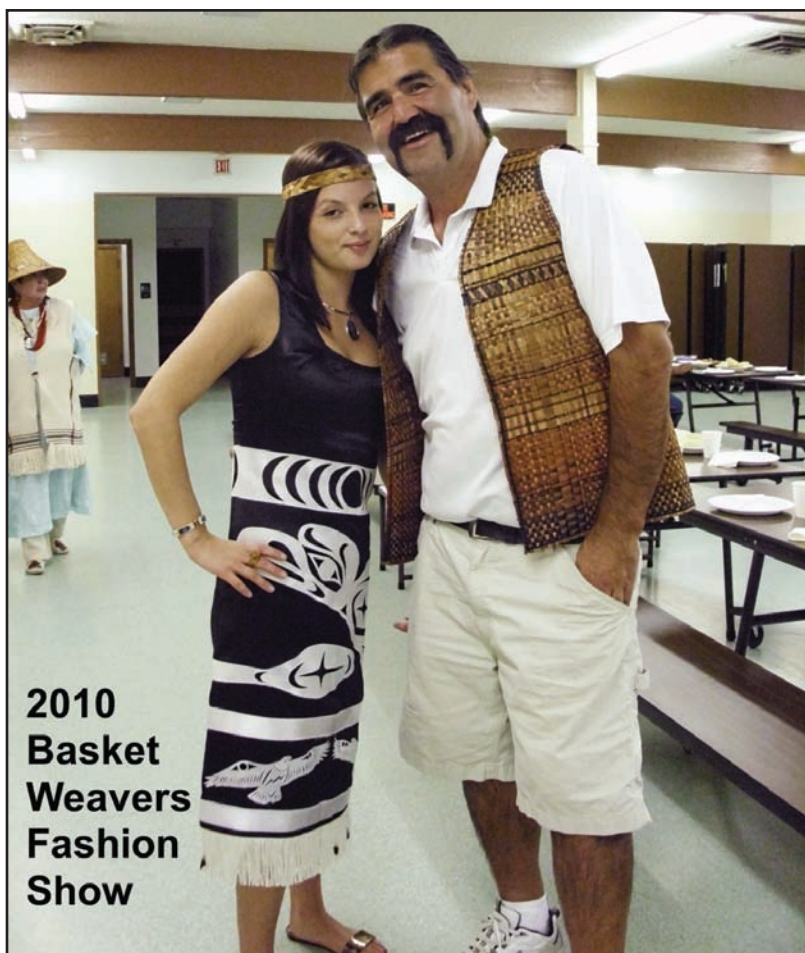
On Saturday night, there was dinner scheduled for 6:00 p.m., but the time was wrong. We didn't eat until 7:30 p.m. Tribal members entertained us with six songs. The emcee was very personable and told us stories. There was a fashion show in which two of our tribal members participated - Jolene Grover and Andy Whitener, who is half the man he used to be. He has lost an incredible amount of weight and looks great.

The dinner was served family style, which is fun because the different food items come in different sizes of bowls, platters and saucers. It looked like the small bowls would never be enough to feed anyone, but, at the end, everyone had enough to eat. Most of the food was Native. I can't remember what they had. Fish (of course), elk and some other stuff. I'm not a great fan of Native food and some of the items were gross looking.

But all in all we had a great time, and we came home with many happy memories and some of us had new friends.

Photos by Lila Jacobs, Margaret Henry, Jeremiah George and Mandy McCullough

**Margaret Henry Appointed to the NNA
Basket Weavers Association**



**2010
Basket
Weavers
Fashion
Show**





OUTPATIENT PROGRAM



New Employees



Linda Barker

Chemical Dependency Counselor

Hi, my name is Linda Barker. I am the new Chemical Dependency Counselor for Behavioral Health Outpatient. I started my career in January 2001 as an intern at St. Peters Chemical Dependency Center. I graduated from Pierce College in 2003 with an AA in Chemical Dependency Counseling. I then went on to obtain my BA in 2005 from The Evergreen State College with a Human Services and Sociology focus. I now have ten years experience in the chemical dependency field, including Thurston and Pierce County drug courts. My last position was Clinical Supervisor at American Behavioral Health Systems in Lewis County. I have provided public education on addiction throughout the west coast. I have been a resident of Thurston County since 1978. I have been married for 32 years, and have two children and five grandchildren. My hobbies include sewing, cooking fishing and traveling. I look forward to meeting you and serving te community.



Greg Twiddy

Behavioral Health Clinical Supervisor

Hi, my name is Greg Twiddy. I am the new Clinical Supervisor for the Behavioral Health Program. I am very excited to be working for the Squaxin Island Tribe. I am a member of the Skokomish Tribe and lifelong resident of Mason County. I came to Squaxin from DSHS where I was a Program Administrator for the Division of Behavioral Health and Recovery. Prior to working for DSHS, I provided counseling services at several tribes and also maintained a private counseling practice in Shelton.

The Drug and Alcohol Outpatient program has merged with Mental Health, forming the new Behavioral Health Program. We are hopeful this integrated approach will make services more accessible to the community. Our newly formed program and staff are located in the Outpatient building.

I have a wife and two sons, and we all enjoy traveling, sports and spending time with our extended families. I am a lifelong fisherman and have been a geoduck diver for many years. I also enjoy spending time in the woods hunting with my two sons.

I look forward to getting to know the Squaxin community and look forward to building a program which provides a friendly and comfortable place to seek services. Please feel free to stop by our program and meet all of our new staff.

Again, I am honored to be working for the Squaxin Island Tribe.



Gitta Clark

Mental Health Counselor

Hi, my name is Gitta Clark. I am a new Mental Health Counselor working at Behavioral Health on Whitener Road (down the hill). I just recently moved to the area from the east coast to be near family and friends (including five Siamese cats) living in Olympia. I am so excited to join the Squaxin Island Tribe's excellent Outpatient program.

I grew up on the east coast. I traveled to India right after I graduated from college. I learned yoga and meditation in Indian where I was given the spiritual name Giita - which means "Spiritual Song." After my studies in Indian, I traveled to Kenya to teach yoga and meditation through an international yoga organization.

I completed my graduate education at Antioch New England, specializing in working with couples, families and adolescents. I have worked as a licensed mental health counselor in Vermont for the last 17 years. In my most recent job, I worked in a high school with adolescents and their families in rural Vermont. I loved working in the small community because I was able to watch young people achieve their dreams and goals as they grew into young adults. What an exciting privilege!

This last summer, I drove cross county to my new home in Olympia. I came trusting that I would be able to find employment once I settled here. Unfortunately, in the field of mental health the trend is toward brief therapy - getting people in and out quickly. This trend does not suit my personal style or talents well, as I like to focus more on working with couples and families to build healthy, happy relationships. Imagine my delight and surprise to find this job working for the Squaxin Island Tribe! I am so very grateful for the strong family and community values held here, and the generosity and warmth extended to me already by other staff and members of the community. I look forward to growing with you as we work together to strengthen and deepen our community relationship by relationship.



Outpatient Program staff

Linda Barker, Gitta Clark, Greg Twiddy, Jessica Dolge, August Grigg and Sedar Rowson





Donna Wood Shares Her Story

November is Diabetes Awareness Month. Thank you to Donna Wood, Squaxin Island Tribal member and a person with Diabetes for sharing how you stay active to control your diabetes.

Submitted by Patty Suskin, Diabetes Coordinator - Diabetes runs in my family. I found out I had diabetes about three years ago and knew I needed to make some changes.

First, I have been more active.

My husband and I obtained a kayak on Craig's List this summer and we have enjoyed many kayaking adventures. We've also been camping, hiking and fishing; I really enjoy the outdoors. At my lunch break from IEI, I enjoy walking up the hill & back with my coworkers. I also have attended the free pilates classes at the health promotions building with Cindy, who motivates me to push myself without going beyond my capabilities. I can now do a sit up unassisted for the first time in my life, and I am stronger and more limber.

Second, I have changed my eating habits.

Now, instead of eating fried foods or fast foods, I eat more grilled and baked foods. I plan ahead for my meals, which makes it easier to eat healthier and control my diabetes. A few years ago I went on a smart shopping tour with Patty and we compared products and read labels. I learned about healthier food & beverage choices. I use more beans in cooking for added fiber to promote a healthier heart, and I drink more water. I am eating more vegetables with lunch and dinner. Now I feel better and buy less junk food, like donuts, pop and ho ho's.

This winter I plan to use my treadmill again along with the tribal fitness center to stay focused on my fitness and activity goals, having a plan really helps.

Managing Diabetes...It's not easy, but it's worth it. You can make a plan, too.



CHANGES AT THE CLINIC

Please bring your
DSHS Provider One Services card
to every appointment at the Clinic.



We need to verify your coverage.

If you forget your card, we may need
to delay or reschedule your visit.

Thank you for your cooperation.

New Employee



Jaclyn Meyer, Clinic Receptionist

Hi, my name is Jaclyn Meyer, Daughter of Janette Sigo, and I recently got hired as the new receptionist at the Squaxin Island Health Clinic. I'm very excited to be working closer with the community and getting to know everyone better.





HEALTH CLINIC



Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Patty Suskin
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes

Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m. at Health Promotions



Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Diabetes Support and Education

Monday, November 1st
Elders Building
Right after lunch (12:45) p.m.
Guest speaker: Dr. Karen Anderson
Health Promotions Programs
We have exercise videos
in the building across from clinic
Work out alone, with us
or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
If you are Native American and over 18,
see if you qualify to participate.

Mammogram Clinic

November 4th
9 a.m. to 3 p.m.
Health Clinic
To schedule an appointment,
Call Melissa Grant
(360)432-3926

Community Health Walk

Thursday, November 18th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa.
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
The tribe with the most walkers each
month wins the walking stick.
We won it in July ...
can we get it back in October?

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929



TRIBAL MEMBERS:
Are you approaching 65 ?

You may be eligible for
Medicare Part D (Medications)

The tribe will help you with
your premiums only if you
choose HUMANA.

Sign up *before* you turn 65.

Questions?
Contact Nora Coxwell (360) 432-3925

If you already have Part D & want to switch,
annual open enrollment is: Nov 15- Dec 31.

Need Food? Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition
information for you
and your child up to age 5
Please bring: your child, medical coupons
or paystub & identification

Monday, Nov. 8, 9 a.m. to 4 p.m.

Monday, Dec. 13, 9 a.m. to 4 p.m.

Contact Debbie Gardipee-Reyes:
462-3227

Dates subject to change

USDA FOODS AT SPIPA

Monday, Nov. 1st 10 a.m. to noon

Monday, Dec.. 6th 10 a.m. to noon

Contact Shirley or Bonita at
438-4216 or 438-4235

Dates subject to change

FOOD BANK

At Health Promotions Building
If you need access to the food bank at any
time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for
fresh produce or bread, let me know.
Contact Melissa Grant: (360)432-3926

Diabetes Support & Education

Everyone is welcome--
those with Diabetes or not.

Bring your questions and meet
Dr. Karen Anderson MD,
new at the clinic

Come for a few minutes or the whole time

Monday, Nov 15th, 2010

Right after Elder's Lunch
at Elder's building

12:45 to 2:00 pm

Optional walk at end

You can take charge of your diabetes
and live a long, healthy life

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360) 432-3929



**DSHS State Financial Worker
(Terri Butler)
in the Clinic**

**Tuesday & Friday
8:30 am to 4:30 pm**

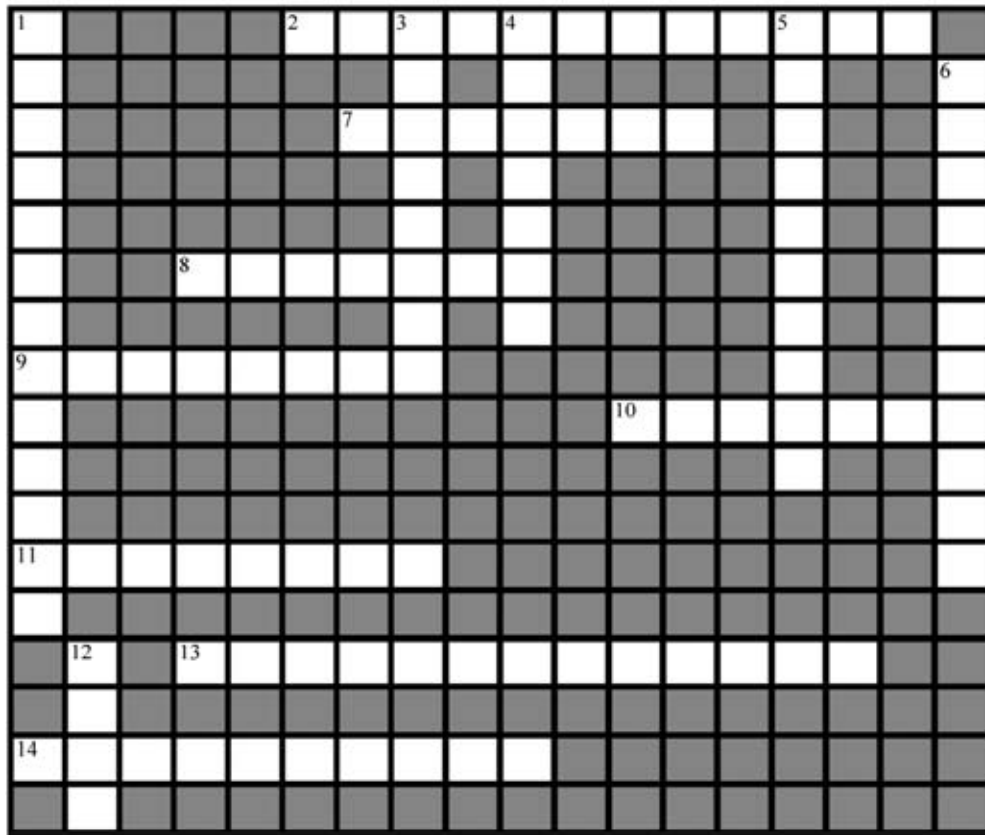
**No need to go downtown to
see if you qualify.**

**Call her on her direct line
for more information:**

(360) 432-3920

*We would like to
recognize
and thank
Ramona Mosier for
taking care of our
flower gardens!
They look
so much nicer!!
Thanks again
Ramona!*

- Clinic Staff



Nov. is Diabetes Awareness Month.

Try this Crossword with "Diabetes Words"
Answers on Page 21

ACROSS

2. Low blood sugar
(Hint: "hypo" means low)
7. A hormone that helps the body use glucose for energy.
8. Two organs in the body that remove waste products and water from the bloodstream & make urine
9. A disease where the body does not properly control the amount of sugar in the blood.
10. The standard unit for energy measurement in nutrition.
11. This is a great way to bring your blood sugar down, lose weight & build muscle too
13. High blood sugar
14. Machine to test blood sugar levels

DOWN

1. This nutrient is found in sweets, sodas, grains, fruit, milk & makes your blood sugar rise.
3. The body's organ where insulin is normally made.
4. A sugar in the blood and a source of energy for the body.
5. The doctor may prescribe this to help you lower your blood sugar.
6. A condition with blood sugar higher "normal" but not as high as diabetes.
12. Join us each Thursday after Elder's lunch for this.

diabetes hypoglycemia insulin
glucose kidneys walk exercise
medication carbohydrate calorie
glucometer prediabetes hyperglycemia
pancreas



Native Youth Crisis Line

1-877-209-1266

This 24-hour hotline is also connected to a battered women's shelter. The website is: www.save.org/americanindian



Emergency Room Guidelines

Because Contract Health Services has limited funding, it is required that you use the Squaxin Island Tribe Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m.; Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. to 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

An emergency may be defined as "a threat to the loss of life and/or limb". See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level 1 and Priority II procedures.

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:

Earache
Cough
Ingrown Toenail
Bronchitis
Minor Cuts & Bruises
Headache
Colds

EMERGENCY ROOM:

Heart Attack
Stroke
Profuse Bleeding
Coughing & Vomiting Blood
Sexual Assault
Acute Asthma Attack
Amputation



If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital, as the Tribe has a discount with these facilities. Please visit the Hospital's Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization. Hospital Charity Care is available (up to 200% of the federal poverty level) - but only if you apply at the hospital.



HEALTH CLINIC



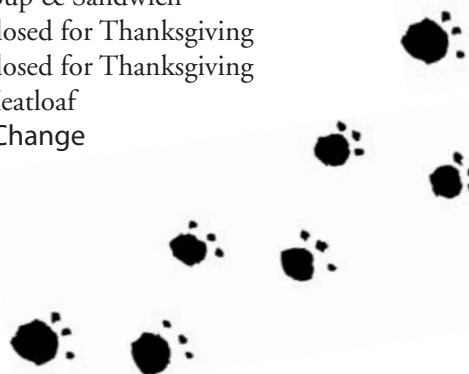
Meal Entrees


Mon. 1: Beef Pot Pie
Tues. 2: Soup & Sandwich
Weds., 3: Baked Chicken
Thurs., 4: Oyster Stew

Mon., 8: Fish Sticks
Tues., 9: Soup & Sandwich
Weds., 10: Grilled Steak
Thurs., 11: Hot Wings

Mon., 15: Goulash
Tues., 16: Soup & Sandwich
Weds., 17: Geoduck if available
(other fish if not)

Thurs., 18: Pizza
Mon., 22: Turkey Dinner
Tues., 21: Soup & Sandwich
Weds., 24: Closed for Thanksgiving
Thurs., 25: Closed for Thanksgiving
Mon., 29th: Meatloaf
Menu Subject to Change





WIC
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child,
Medical coupons or paystub and
Identification

**Monday,
November 8th is
WIC DAY at
SPIPA**

**Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227**



We have the power to prevent diabetes

We are American Indians and Alaska Natives, and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes 5 days a week and making healthy food choices.

"I know everyone can do it once they make up their mind. A lot of people out there know it runs in their family and they think 'Okay, I'm going to get it.' No, it is not so. You can prevent it. If I can do it, so can you."

GLENDIA THOMAS FIFER
GILA RIVER INDIAN COMMUNITY AND
DIABETES PREVENTION PROGRAM
PARTICIPANT

Here are 7 powerful steps you can take to get started today:

1 MOVE MORE. Get up, get out, and get moving. Walk, dance, bike ride, swim, or play ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things to keep it fun.

"I found ways to work activity into my day. I walk for 10 minutes every morning. At night, my wife and I walk with our daughter."

TOM JOHN
SENECA

2 MAKE HEALTHY FOOD CHOICES. Focus on eating less. Eat fiber-rich fruits and vegetables each day. Choose whole grain foods such as whole wheat bread and crackers, oatmeal, brown rice, and cereals. Cut down on fatty and fried foods. You still can have foods you enjoy, just eat smaller servings. Choose water to drink.

"I used to always go back for second helpings. Now, I leave the leftovers for another day. I think it is working."

JOSEPHINE MALEMUTE, RN
ATHABASCAN



National Diabetes Education Program
www.YourDiabetesInfo.org

3 TAKE OFF SOME WEIGHT. Once you start eating less and moving more, you will lose weight. By losing just 10 pounds, you can cut your chances of getting diabetes.

"Since losing a few pounds, I feel better and have more energy to do the things I enjoy."

LORELI DECORA
WINNEBAGO TRIBE OF NEBRASKA



4 SET GOALS YOU CAN MEET. Start by making small changes. Try being active for 15 minutes a day this week. Then each week add 5 minutes until you build up to at least 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that's one can of soda!). Slowly reduce your calories over time. Talk to your health care team about your goals.

"When I first started walking, I could only go for about 10 minutes. Now I feel stronger and am able to walk 45 minutes every day."

JONATHAN FEATHER
EASTERN BAND OF CHEROKEE INDIANS

6 SEEK HELP. You don't have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthy life. Go for a walk together or play a pick-up game of basketball. Join a support group in your area to help you stay on track.

"After dinner I often take a walk with my family instead of watching TV."

KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

7 KEEP AT IT. Making even small changes is hard in the beginning. Try to add one new change a week. If you get off track, start again and keep at it.

"When I don't think I have time to exercise, I just remember how important it is to be around for my family."

RALPH FORQUERA
JUANENO BAND OF CALIFORNIA INDIANS

5 RECORD YOUR PROGRESS. Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to stay focused and reach your goals.

"Keeping track of my activity allows me to see how I'm doing. By walking for 10 minutes at least 3 times a day, I'm able to get my 30 minutes in."

LORRAINE VALDEZ, RN
ISLETA/LAGUNA PUEBLOS



Take your first step today. Talk to your health care team about your risk for type 2 diabetes and the small steps you can take to prevent it. To find out more, call 1-888-693-NDEP (6337) or visit www.YourDiabetesInfo.org to get a free copy of Your GAME PLAN to Prevent type 2 Diabetes.

YVETTE ROUBIDEAUX, MD
ROSEBUD SIOUX



Kelly Moore, M.D., contracted consultant with the Indian Health Service Division of Diabetes, Albuquerque, NM has reviewed this tip sheet for accuracy.
A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention. Revised March 2008 NIH Publication No. 08-5525 NDEP-73



Eat with your child!

Start family meals when your child is young.
Family meals help to create strong family bonds.
Families feel more connected to each other when they eat together.

“Family meals help children feel more secure in today’s world.”

Families who eat together tend to eat healthier meals. Eating together can also save money.
Share food and love with your family.

make mealtimes fun!

Family meals filled with caring and laughter create happy memories that last a lifetime!

Enjoy table talk.

Share positive things that have happened during the day. No negative talk!

Listen to your children.

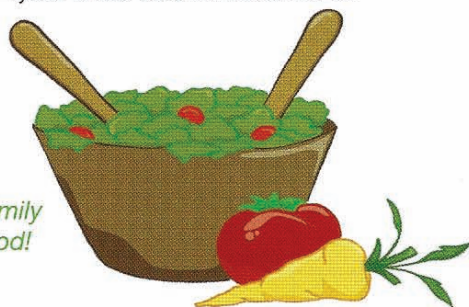
Share stories about what is happening in your lives. Ask your child what is happening in his life.

Turn off the television and radio.

Let the answering machine pick up the phone.

Sit with your children.

Sit together at a table where you can make eye contact with your child. Talk with each other.



Enjoy your family and good food!

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Is your family too busy with work or school to eat together?
Is there not enough time to cook?
Life can be busy!

Your child never outgrows his need for family meals.
Take time to eat with your family.
Make family meals a priority in your home!

get your family to the table:

Keep it simple!

Meals do not need to be fancy. Sandwiches, soups and salads make quick and easy meals. When you cook, make enough to have leftovers for the next day.

Start slowly!

If your family is not used to eating together, start by planning 1 to 2 family meals in a week. Gradually increase until you have at least 1 family meal every day.

Ignore family protests.

Ask everyone in your family to eat together. They will learn to enjoy family meals.

Ask everyone to help prepare the meal.

Cooking will be quick, and children like to eat what they helped to cook.

Start family meals when your children are young.

It will become a habit for them. Family meals will make those later teenage years easy. Your teenager will be used to eating together and sharing his life stories.

Create special family meals.

Make homemade pizza together. Serve breads, deli meats, cheese slices, raw vegetables on a platter for a 'sandwich buffet'.

Your family will remember these special mealtimes!

Washington State WIC Nutrition Program
1-800-841-1410

This institution is an equal opportunity provider and does not discriminate.

Answers to Puzzle on Page 19

ACROSS

2. Low blood sugar
= HYPOGLYCEMIA
7. A hormone that helps the body use glucose for energy
= INSULIN
8. Two organs in the body that remove waste products and water from the bloodstream & make urine
= KIDNEYS
9. A disease where the body does not properly control the amount of sugar in the blood
= DIABETES
10. The standard unit for energy measurement in nutrition
= CALORIE
11. This is a great way to bring your blood sugar down, lose weight & build muscle too
= EXERCISE
13. High blood sugar
= HYPERGLYCEMIA
14. Machine to test blood sugar levels
= GLUCOMETER

DOWN

1. This nutrient is found in sweets, sodas, grains, fruit, milk & makes your blood sugar rise.
= CARBOHYDRATE
3. The body's organ where insulin is normally made
= PANCREAS
4. A sugar in the blood and a source of energy for the body
= GLUCOSE
5. The doctor may prescribe this to help you lower your blood sugar.
= MEDICATION
6. A condition with blood sugar higher "normal" but not as high as diabetes
= PREDIABETES
12. Join us each Thursday after Elder's lunch for this.
= WALK



Happy Birthday

Happy Birthday					
Kimberly James	01		Joseph Peters	18	
Wesley Fletcher	01	Thelma Shea	07	Taeahni Fox	18
Lena Krise	03	David Whitener Jr.	08	Lucille Quilt	19
Rickie Ramage	03	Tammi Birchall	08	Jason Kenyon	20
Juanita Pugel	03	Jefferey Blueback	09	Nathan Nunes	20
Shannon Bruff	03	Mickey Hodgson	09	Samantha Smith	20
Roxsanne White	03	Malena Herrera	09	Connie Uribe	20
Cynthia Dorland	03	Dillon Decicio	09	Herbert Johns	21
Twana MacHado	04	Calvin Peterson	10	Bianca Saenz-Garcia	21
Ronnie Rivera	04	Samantha Armas-Govan	10	Vincent Henry Sr.	21
Jeremiah Johns	04	Jolene Cowan	10	Aleta Poste	21
Beverly Hawks	05	Monique Pinon	10	Susan McFarlane	22
Elizabeth Kuntz	05	Virginia Berumen	10	Olivia Korndorfer	22
Olivia Mason	05	Benjamin Sayers	11	Lyssa Davis	23
Jason Snipper	05	Rachel Parker	13	Candee Gillette	23
Jennifer Briggs	05	Ryan Fox	13	Delores Johnson	23
Lawanna Sanchez	05	Mary Mosier	14	Steven Dorland	23
Laura Smith	06	Richard Peters	15	Diane Stymacks	23
Terri Capoeman	06	Tammy Peterson	16	Michael Parker	24
Thomas Peterson	06	James Orozco	16	Cecily Neilsen	24
Keerah Brown	06	Jennifer Johns	17	Joseph Seymour, Jr.	24
Kenneth Brownfield	06	Elizabeth Heredia	17	Alan Steehler	24
Cyrus Little Sun	07	Laura Snyder	17	Donald Brownfield	25
Russel Cooper	07	Casey Lacefield	17	Terry Tahkeal	25
Anthony Furtado	07	Ethan Pugel	18	Candace Penn	26

What's Happening

	1	2	3	4	5	6
			Family Court	AA Meeting 7:30		
7	8	9	10	11	12	13
Native Am. Veterans Day		Criminal/Civil Court		Council Mtg. AA Meeting 7:30	MLRC Holiday Bazaar	MLRC Holiday Bazaar
14	15	16	17	18	19	20
				AA Meeting 7:30		
21	22	23	24	25	26	27
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30		
28	29	30				



Church Services

Squaxin Bible Study

Tuesdays @ 6:30 p.m.,
30 Ho-Mamish Court

Pastors Ron and Kathy Dailey

Shaker Prayers and Services

Rose and Mike Davis are available
for Shaker prayers and services

Please call 877-9480



COMMUNITY



Twana, Happy 14th Birthday Baby Girl, I love you so very much and am so very proud of the young lady that you are becoming. You are my very favorite daughter, always and forever. Arthur says you are his favorite Sis too!!

**With our Love
~Mom and Arthur~**

Happy Birthday to my loving husband, Ryan Fox! I love you and wish you the best!! Love your Wifey Star (Nov. 13)

Happy 2nd Birthday to my Lil Princess Taeahni Emillion! I love you Sweet Heart! Mommy hopes you have a great wonderful happy day - one made for a PRINCESS!! Love Mommy (Nov.18)

Happy 9th Birthday to my handsome nephew, Mikey Jackson! May your day be filled with joy! Love your Aunties, Cousins and Nana here at Squaxin!! (Nov. 8)

Happy 10th Birthday Lil Laura! Have a wonderful exciting day!! Love Ryan, Star and Taeahni (Nov. 17)

Happy 5th Birthday Jaelah Boo! You're such a BIG GIRL. Hope you have a wonderful Princess-filled day!! We love you lots, Love Uncle Ryan, Auntie Star and Cousin Tater Tot. (Nov. 26)

Happy 21st to My Best Friend HUTCH (Aleta)! I Love you girl I hope you have a WONDERFUL WONDERFUL DAY!! Your a great friend and you deserve the best on this special day!! Love, Star and Taeahni (Nov. 21)

Congrats Grandma Jean Henry on your first grandson Alex Micheal Edwards! He's so adorable. Hope you take lots of pix and don't miss a minute! :)



Your friend, Olena Cooper

Happy birthday to the best mom and wife,



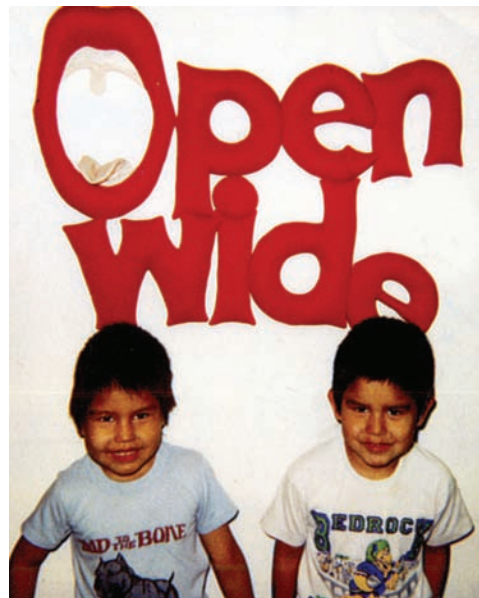
**Love,
Your family :)**

Happy 4th Birthday Keerah (Sissy)



**Love Mom, Dad
& Christopher**

Happy 19th Birthday to Gene & Alan Cooper!



Love your whole family!!!



Happy 19th birthday baby brothers Leonard and Dumbo! We love you!



Love always, your brother and Lena :)



Happy Thanksgiving



Performing
his signature
HITS & HOLIDAY
favorites!

Paul Anka

Christmas My Way

DECEMBER 11TH AT 8PM
Tickets: \$55/\$50/\$45

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Must be 21 or older. For Skyboxes call 360-432-7300

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See Players Club for more details. Must be present to win. Ends December 30th.

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